Build Your Professional Development Skills: Giving and Receiving Feedback via LOC Learn

Build Core Competencies via LOC Learn is a series of development tools that map virtual learning resources to the Library's core competencies. This week's competency is "Your Professional Development: Giving and Receiving Feedback." Select a learning resource below:

Online Learning Resource	Resource Type, Duration	Speaker	What you will learn:
Feedback Swing: The Key to Giving Good Feedback	Video, 3:50 minutes	Nicole A. Lipkin	When giving feedback, leaders need to consider swing—the tendency of a person's mood to swing positively or negatively in response to feedback. Otherwise, even the best feedback can be useless.
Ask for Feedback	Video, 3 minutes	Murli Thirumale	The person most responsible for your success is you, so do not leave it up to your boss to give feedback.
Better Feedback	Video, 4:07 minutes	Kevin Eikenberry	The negative stereotypes about giving and receiving feedback needs to change.
Responding to Feedback	Video, 4:02 minutes	Marshall Goldsmith	Keep your response to leadership feedback positive, simple, focused, and fast. Say thank you and avoid promising to change what you cannot.
Reacting to Critical Feedback	Video, 3:40 minutes	Sharon Melnick	When faced with critical feedback or when dealing with negative situations, it is important to act with intention rather than react with emotion.
Receiving Feedback	Video, 2:35 minutes	Ellen Hendriksen	Receiving feedback with a positive attitude and growth mindset is preferable to acting defensively.
Gaining a Positive Perspective on Feedback	Course, 30 minutes	N/A	This course will teach you how receiving feedback differs from getting simple praise or criticism. You'll discover how listening to constructive feedback with a positive mindset can help you to manage your reactions and responses. You'll also learn how applying feedback can help your professional growth and self-development.
Fixing Feedback	Book, 208 pages	Georgia Murch	Presenting a smart, refreshing and practical guide to feedback in the workplace, this no-nonsense book shows you what exactly constitutes useful feedback, how to deliver it effectively, how to receive it gracefully and how to use it to strengthen yourself, your team and your business.